

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g)

Food Groups: Fruits and Fruit Juices
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 11, 2015 11:23 EST

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	6.29
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	6.29
09085	Currants, zante, dried	144.0	1.0 cup	5.88
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5.83
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	5.78
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	5.67
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.59
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	5.19
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	5.15
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	5.13
09298	Raisins, seedless	165.0	1.0 cup, packed	5.07
09094	Figs, dried, uncooked	149.0	1.0 cup	4.92
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	4.88
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.86
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	4.81
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.51
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.41
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	4.23
09139	Guavas, common, raw	165.0	1.0 cup	4.21
09299	Raisins, seeded	165.0	1.0 cup, packed	4.16
09451	Horned melon (Kiwano)	233.0	1.0 cup	4.15
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	4.08
09110	Goji berries, dried	28.0	5.0 tbsp	3.99
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	3.89
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3.79
09095	Figs, dried, stewed	259.0	1.0 cup	3.68
09087	Dates, deglet noor	147.0	1.0 cup, chopped	3.60
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	3.57

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	3.44
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	3.37
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.36
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	3.35
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.16
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.00
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.00
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	2.99
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.98
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	2.86
09144	Jackfruit, raw	165.0	1.0 cup, sliced	2.84
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.81
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	2.70
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	2.66
09428	Rowal, raw	114.0	0.5 cup	2.62
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	2.54
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	2.54
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	2.53
09062	Cherimoya, raw	160.0	1.0 cup, pieces	2.51
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.49
09040	Bananas, raw	225.0	1.0 cup, mashed	2.45
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	2.41
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2.40
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	2.38
09059	Breadfruit, raw	220.0	1.0 cup	2.35
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	2.33
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.32
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	2.28
09315	Soursop, raw	225.0	1.0 cup, pulp	2.25
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	2.23
09205	Oranges, raw, with peel	170.0	1.0 cup	2.21
09021	Apricots, raw	155.0	1.0 cup, halves	2.17
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.12
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.05
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	2.04
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	2.02

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09190	Mulberries, raw	140.0	1.0 cup	2.02
09042	Blackberries, raw	144.0	1.0 cup	2.00
09277	Plantains, raw	148.0	1.0 cup, sliced	1.92
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.91
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	1.89
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1.88
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	1.87
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.87
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.86
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1.85
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.79
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.78
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1.77
09446	Plantains, green, fried	118.0	1.0 cup	1.77
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.75
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	1.74
09206	Orange juice, raw	248.0	1.0 cup	1.74
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.73
09334	Feijoa, raw	243.0	1.0 cup, pureed	1.73
09427	Abiyuch, raw	114.0	0.5 cup	1.71
09035	Apricots, frozen, sweetened	242.0	1.0 cup	1.69
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	1.69
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	1.69
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1.69
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	1.69
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	1.69
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	1.69
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.68
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.66
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.65
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1.65
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.64
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.59
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	1.59
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.58
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1.58

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09164	Litchis, raw	190.0	1.0 cup	1.58
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.58
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.58
09084	Currants, red and white, raw	112.0	1.0 cup	1.57
09083	Currants, european black, raw	112.0	1.0 cup	1.57
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	1.57
09294	Prune juice, canned	256.0	1.0 cup	1.56
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1.55
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	1.54
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.54
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.54
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.54
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	1.52
09191	Nectarines, raw	143.0	1.0 cup slices	1.52
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	1.50
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	1.49
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	1.49
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.49
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	1.48
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	1.48
09302	Raspberries, raw	123.0	1.0 cup	1.48
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	1.46
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	1.45
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	1.45
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.45
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	1.45
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	1.45
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	1.45
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	1.45
09295	Pummelo, raw	190.0	1.0 cup, sections	1.44
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	1.43
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	1.43
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	1.43
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1.43
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	1.42
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	1.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	1.42
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.42
09140	Guavas, strawberry, raw	244.0	1.0 cup	1.42
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.40
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.40
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	1.38
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	1.37
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.37
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	1.36
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	1.35
09176	Mangos, raw	165.0	1.0 cup pieces	1.35
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.35
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.34
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	1.33
09107	Gooseberries, raw	150.0	1.0 cup	1.32
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.32
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.31
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	1.30
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1.29
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1.27
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	1.27
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	1.24
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	1.24
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1.24
09221	Tangerine juice, raw	247.0	1.0 cup	1.24
09128	Grapefruit juice, white, raw	247.0	1.0 cup	1.24
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.23
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.23
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	1.22
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1.20
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.18
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	1.16
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	1.16
09279	Plums, raw	165.0	1.0 cup, sliced	1.15
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.15
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	1.15

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	1.13
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.13
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	1.12
09307	Rhubarb, raw	122.0	1.0 cup, diced	1.10
09050	Blueberries, raw	148.0	1.0 cup	1.10
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	1.09
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	1.09
09287	Prickly pears, raw	149.0	1.0 cup	1.09
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	1.09
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.07
09313	Sapodilla, raw	241.0	1.0 cup, pulp	1.06
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	1.06
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.05
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	1.05
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	1.03
09316	Strawberries, raw	152.0	1.0 cup, halves	1.02
09160	Lime juice, raw	242.0	1.0 cup	1.02
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	1.01
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.01
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	1.01
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.01
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	1.00
09163	Blueberries, dried, sweetened	40.0	0.25 cup	1.00
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	1.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	1.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.99
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.99
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.99
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.99
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.99
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.98
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.98
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.98
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.98

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.97
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.97
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.97
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.97
09002	Acerola juice, raw	242.0	1.0 cup	0.97
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.97
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.96
09088	Elderberries, raw	145.0	1.0 cup	0.96
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.95
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.94
09326	Watermelon, raw	154.0	1.0 cup, balls	0.94
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.94
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.94
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.94
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.94
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.93
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.93
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.93
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.93
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.92
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.92
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.92
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.91
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.91
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.90
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.90
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.90
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.89
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.89
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.88
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.87
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.87
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.86
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.86
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.85
09152	Lemon juice, raw	244.0	1.0 cup	0.85

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.84
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.83
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.82
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.81
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.80
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.80
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.79
09143	Guava sauce, cooked	238.0	1.0 cup	0.76
09423	Prune puree	36.0	2.0 tbsp	0.76
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.75
09043	Blackberry juice, canned	250.0	1.0 cup	0.75
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.75
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.74
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.74
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.74
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.68
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.67
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.67
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.65
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.64
09174	Loquats, raw	149.0	1.0 cup, cubed	0.64
09433	Clementines, raw	74.0	1.0 fruit	0.63
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.62
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.62
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.61
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.60
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.58
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.56
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.56
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.55
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.55
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.54
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.54
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.53
09192	Oheloberries, raw	140.0	1.0 cup	0.53
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.53

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.52
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.51
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.51
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.51
09252	Pears, raw	140.0	1.0 cup, slices	0.50
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.50
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.50
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.49
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.48
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.48
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.48
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.48
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.48
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.48
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.47
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.47
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.46
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.46
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.44
09077	Crabapples, raw	110.0	1.0 cup slices	0.44
09421	Dates, medjool	24.0	1.0 date, pitted	0.43
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.42
09229	Papaya nectar, canned	250.0	1.0 cup	0.42
09413	Pears, raw, red anjou	126.0	1.0 small	0.42
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.41
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.41
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.40
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.39
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.39
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.37
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.37
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.37
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.37
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.36
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.33
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.33

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.32
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.31
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.30
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.29
09436	Mango nectar, canned	251.0	1.0 cup	0.28
09434	Guanabana nectar, canned	251.0	1.0 cup	0.28
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.28
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.28
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.27
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.25
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.25
09437	Tamarind nectar, canned	251.0	1.0 cup	0.23
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.23
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.22
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.21
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.20
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.15
09165	Litchis, dried	2.5	1.0 fruit	0.10
09156	Lemon peel, raw	6.0	1.0 tbsp	0.09
09216	Orange peel, raw	6.0	1.0 tbsp	0.09